

Dietary advice after a low risk nutritional screening score - general healthy eating

Nutrition and Dietetic Service

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Information for Patients

Leaflet number: 362 Version: 3

For staff reference: LOW RISK LEAFLET

Introduction

Eating well and having a healthy lifestyle can help you feel your best and can make a difference to your long-term health.

At your outpatient clinic appointment today we did a nutritional screening to see if you are at risk of malnutrition:

- The nurse measured your weight and height to calculate your body mass index (BMI). Your nurse can tell you if you have a healthy BMI.
- The nurse also considered if you have lost weight, if you are struggling to eat enough, and/ or are losing weight without meaning to.

No problems have been highlighted by today's visit. Your score category was 'low risk' but if you do find losing weight starts to be a problem speak to your doctor, GP or nurse.

If you have previously been given advice from a health care professional to follow a specialised diet, please continue to follow that advice. If you are not sure on how to do this with the advice given in this leaflet, or are struggling with any part of your diet, speak to your dietitian, doctor, nurse or GP for more guidance.

Following a healthy diet

Tips for eating well:

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base your meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
- Have some dairy (or dairy alternatives) each day such as cheese, yoghurt and fromage frais (choosing lower fat and lower sugar options).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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- Eat some beans, pulses, fish, eggs, meat and other proteins. This should include 2 portions of fish every week, 1 of which should be an oily fish like mackerel, salmon and sardines.
- Cut down on saturated fat. Choose unsaturated oils and spreads and eat in small amounts. Unsaturated fats are usually from plant sources, like sunflower oil, rapeseed oil, and olive oil.
- Drink 6 to 8 cups/ glasses of fluid a day, do not get thirsty.
- If consuming foods and drinks high in sugar, have these less often and in small amounts.
- Eat less salt. No more than 6g a day for adults.
- Get active and be a healthy weight. You can talk about your BMI from today with your nurse or doctor.
- Do not skip breakfast.

The 'Eatwell Guide' pictured below shows how a healthy, balanced diet can be achieved. A larger image with more information can be found in the '[Eatwell Guide booklet](#)', also available from this link: www.gov.uk/government/publications/the-eatwell-guide

Try to choose a variety of different foods from each of the sections below to help you get the nutrients your body needs to stay healthy.

More information

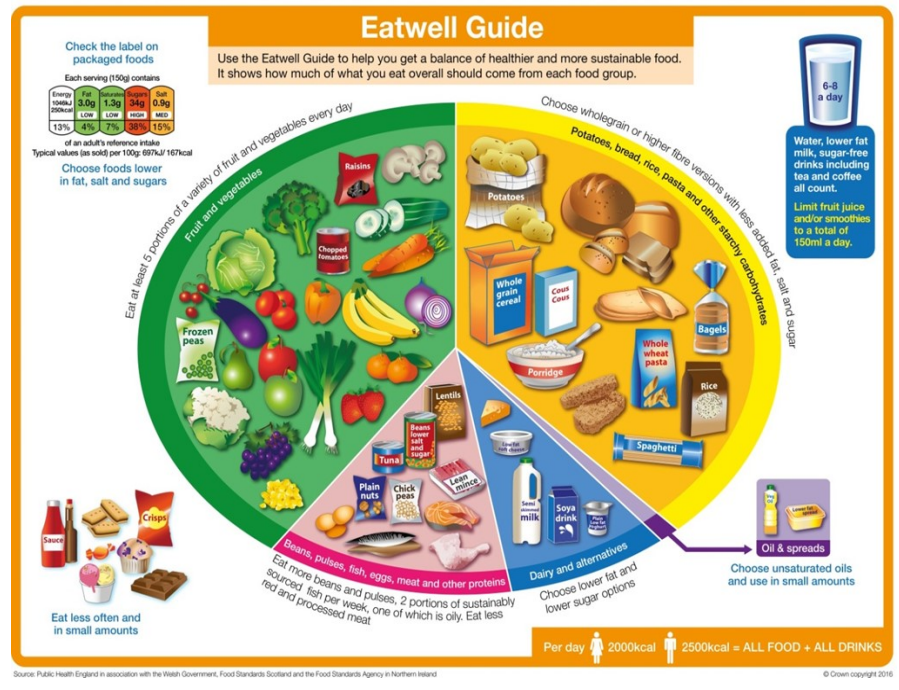
You can find information on self-screening for malnutrition at: www.malnutritionselfscreening.org/

More dietary advice can also be found here:

www.malnutritionpathway.co.uk/library/pleaflet_green.pdf

Contact details

Nutrition and Dietetic Service on
0116 258 5400.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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